



Carlow Mental Health Association & Carlow Library

### Getting to grips with Anxiety -

*Carmel McEvoy Psychotherapist .*

Looking at Anxiety, how it affects us and an introduction to some tools that can help us to manage

Tuesday 10th April 6-7pm Carlow Library

### Living with loss -

*Rita Kelly M.A. Bereavement and Loss (RCSI & IHF).*

Exploring loss with all of its many faces and finding ways to start to move forward with your life

Tuesday 17th April 6-7pm . Carlow Library

### Change your Thinking to change your life

*Alison Redmond CBT therapist.*

Changing your thinking to help you achieve the life you want to have

Tuesday 24th April 6-7pm. Carlow Library



## “Advocacy and Empowerment” The Involvement Centre, Carlow



In this workshop we will talk about Self Advocacy, Advocacy and empowerment. We will explore speaking up for yourself and others. Learning how to make decisions for yourself and take responsibility for those decisions. Having a voice, understanding your rights, doing things for yourself, learning and getting more confidence.

Contact: [recoverycollegesoutheast@gmail.com](mailto:recoverycollegesoutheast@gmail.com) Phone: 086 1746330/0567703666



Come join us in  
Fairgreen Shopping Centre  
@3.30 every Friday in April  
Spring into Story-Time with  
Carlow Libraries



For more info contact Fiona at [library@carlowcoco.ie](mailto:library@carlowcoco.ie)  
Tel: 059 9129205



## DROP-IN INFORMATION SERVICE

WHERE: NEIGHBOURHOOD EXPRESSO  
WORKSHOP CAFE,  
Barrack St. Carlow.

WHEN: First Thursday of every Month  
Starting March 1<sup>st</sup> 2018

TIME: 10.00 to 11.30am

### WHATS IT ABOUT?

Volunteers from Carlow Mental Health Association will be available from 10 - 11.30am on those days to provide information or just to chat if that's what's needed.

If you need more information please call 0858181353

## Never forgotten

St. Luke's General Hospital, Kilkenny hold its Annual Remembrance Ceremony on **Wednesday 11th April at 7.30pm in St. Fiacre's Church, Loughboy, Kilkenny**, for families who have been bereaved by the death of their child during pregnancy, shortly after birth or in childhood years

For any queries or support please do not hesitate to contact  
**Margaret Ryan, Bereavement Support Midwife**  
[Margaretm.ryan2@hse.ie](mailto:Margaretm.ryan2@hse.ie)  
or 086 1715465



### Safeguarding 3 – Designated Liaison Person Workshop (3hrs)

The Designated Liaison Person is responsible for reporting allegations or suspicions of child abuse to TUSLA Child and Family Agency or Social Services (NI) and/or An Garda Síochána / PSNI.

It is recommended that this person is a senior club person. However, if there is difficulty identifying a separate individual to take this role, the Club Children's Officer can be appointed as Designated Liaison Person once the club/organisation is clear about the responsibilities of each role.

The organisation's child protection policy and procedures should include the name and contact details of the Designated Liaison Person and the responsibilities attached to the role.

There are limited places available for the workshops and pre booking is essential as it is on a first come first served basis.

Date: 25<sup>th</sup> April 2018  
Time: 6.45pm – 9.45pm  
Venue: I.T. Carlow, Barrow Centre, Room F209  
Cost: €20pp

To book your place email [scorrigan@carlowcoco.ie](mailto:scorrigan@carlowcoco.ie) or call 059 9136205



Enabling inclusive communities: achievements, challenges, future directions

#### Enabling inclusive communities: achievements, challenges, future directions

Friday 20<sup>th</sup> April 2018

Seminar Programme

9.15 am	Registration
10.00 am	Welcome and Introductions <i>Maria Farry, Pobal</i>
10.20 am	Supporting communities over 25 years: Reflections from Pobal <i>Denis Leamy, CEO, Pobal</i>
10.40 am	Enabling Inclusive Communities in 2017: A local perspective <i>Lindsay Butler, Community and Culture Department, Kilkenny County Council</i>
11.00 am	Enabling Inclusive Communities post 2017: a national perspective <i>Dr. Chris McInerney, Department of Politics and Public Administration, University of Limerick</i>
11.20 am	Questions and Answers
11.45 am	Tea/Coffee
12.15 pm	Round table discussions on the future challenges and opportunities to address social exclusion followed by summary feedback
1.30pm	End with Lunch

Please [register](#) as early as possible if you or representatives of your organisation plan to attend

**Primary school pupils to get classes on sexual consent** <https://www.irishtimes.com/news/education/primary-school-pupils-to-get-classes-on-sexual-consent-1.3448466>

**Time for an adult conversation about autism** <https://www.irishtimes.com/life-and-style/health-family/time-for-an-adult-conversation-about-autism-1.3447494>

**Lack of teachers 'harms pupils' learning level'** <https://www.independent.ie/irish-news/education/lack-of-teachers-harms-pupils-learning-level-36768430.html>

**Teaching of consent in primary schools of 'considerable importance'** <https://www.irishexaminer.com/breakingnews/ireland/33-of-parents-unaware-of-content-of-sex-education-classes-835458.html>

**New book 'Feathers in my Brain' teaches children about dementia** <https://www.irishexaminer.com/ireland/new-book-feathers-in-my-brain-teaches-children-about-dementia-469016.html>

**Fears for future of library lifeline for families who cannot afford books** <https://www.belfasttelegraph.co.uk/news/uk/fears-for-future-of-library-lifeline-for-families-who-cannot-afford-books-36766048.html>

**Social media related to violence by young people, say experts** <https://www.theguardian.com/media/2018/apr/02/social-media-violence-young-people-gangs-say-experts>

**Parents to be asked if smartphones should be allowed in school** <https://www.irishtimes.com/news/education/parents-to-be-asked-if-smartphones-should-be-allowed-in-school-1.3449415>

**Child homelessness is an educational crisis too, teachers told** <https://www.irishtimes.com/news/education/child-homelessness-is-an-educational-crisis-too-teachers-told-1.3449538>

**The hidden cost of autism: 'We've spent €30k on therapies to help our son reach his full potential'** [https://www.independent.ie/life/family/parenting/the-hidden-cost-of-autism-weve-spent-30k-on-therapies-to-help-our-son-reach-his-full-potential-36759512.html?utm\\_source=outbrain\\_top\\_drawer&utm\\_medium=outbrain&utm\\_campaign=Outbrain%20On%20Site](https://www.independent.ie/life/family/parenting/the-hidden-cost-of-autism-weve-spent-30k-on-therapies-to-help-our-son-reach-his-full-potential-36759512.html?utm_source=outbrain_top_drawer&utm_medium=outbrain&utm_campaign=Outbrain%20On%20Site)

**Children's special learning needs linked to disadvantage** <https://www.irishexaminer.com/ireland/childrens-special-learning-needs-linked-to-disadvantage-469064.html>

**New Bill proposes new sex education programme regardless of school's religious ethos** <https://www.irishexaminer.com/breakingnews/ireland/new-bill-proposes-new-sex-education-programme-regardless-of-schools-religious-ethos-835621.html>

**Irish team in exciting inflammation finding** <http://www.irishhealth.com/article.html?id=26149>

**The conversations parents need to have with their children after the Belfast rape case** <https://www.belfasttelegraph.co.uk/life/features/the-conversations-parents-need-to-have-with-their-children-after-the-belfast-rape-case-36767786.html>

## Non-Violent Resistance (NVR) Programme for Parents

Some Parents struggle to deal with and respond to aggressive, controlling or abusive behaviours from their children. Despite trying every option available to them the problem may persist.

The Non-Violence Resistance (NVR) Programme provides an alternative approach to support parents.

Barnardos uses this approach with individual families and now plan to introduce this programme in a group setting.

**Start Date:** Wed. May, 2<sup>nd</sup> 2018 for approximately 6 weeks.  
**Venue:** 24 Askea Lawns, Tullow Road, Carlow  
**Time:** 10 a.m. to 12 noon.  
**Cost:** FREE



For further information or to book a place please contact  
Barnardos on 059 9132868



## Foundation Programme in Sexual Health Promotion

18th & 19th September,  
16th & 17th October  
6th & 7th November  
27th & 28th November 11th & 12th December 2018

Dungarvan, Co Waterford

**Course Aim:** To enhance participants' capacity to incorporate sexual health promotion into their work through the development of their comfort levels, confidence, knowledge and skills in relation to sexual health

**Application Process** Step 1: Application Form

Step 2: Telephone interview

Closing date for applications is:  
Friday 18<sup>th</sup> May 2018

Application forms are available from

Tracey Tobin [tracy.tobin@hse.ie](mailto:tracy.tobin@hse.ie) / 0879028590

## Most special needs assistants want more training, survey finds

<https://www.irishtimes.com/news/education/most-special-needs-assistants-want-more-training-survey-finds-1.3450747>

## Up to 62 cases of measles reported

<https://www.irishexaminer.com/ireland/up-to-62-cases-of-measles-reported-469148.html>

## School sex ed 'outsourced' to Catholic agencies

<https://www.irishtimes.com/news/ireland/irish-news/school-sex-ed-outsourced-to-catholic-agencies-1.3450443>

## Teachers threaten they will not co-operate with religion class opt-out plan

<https://www.independent.ie/irish-news/education/teachers-threaten-they-will-not-cooperate-with-religion-class-optout-plan-36776301.html>

## Cystic fibrosis sufferers see dramatic increase in quality of life

<https://www.independent.ie/irish-news/health/cystic-fibrosis-sufferers-see-dramatic-increase-in-quality-of-life-36776299.html>

## Psychologists slam plans for assessment of children

<https://www.irishexaminer.com/ireland/psychologists-slam-plans-for-assessment-of-children-469110.html>

## Majority of Youth Advocate Programme participants report positive results

<https://www.irishexaminer.com/breakingnews/ireland/majority-of-youth-advocate-programme-participants-report-positive-results-835838.html>

## Learning Points: Labelling kids as anxious will not help them to cope

<https://www.irishexaminer.com/breakingnews/lifestyle/features/learning-points-labelling-kids-as-anxious-will-not-help-them-to-cope-835782.html>

## Surge in people seeking help to stop viewing child abuse images

<https://www.theguardian.com/society/2018/apr/04/surge-people-seeking-help-stop-viewing-child-abuse-images>

## New parents to get two weeks' paid leave in this year's budget

<https://www.irishtimes.com/news/politics/new-parents-to-get-two-weeks-paid-leave-in-this-year-s-budget-1.3452166>

## Stanton committed to welcoming 4,000 refugees despite 2017 failure

<https://www.irishtimes.com/news/social-affairs/stanton-committed-to-welcoming-4-000-refugees-despite-2017-failure-1.3452125>

## 'Significant non-compliance' in safeguarding children in care

<https://www.irishtimes.com/news/social-affairs/significant-non-compliance-in-safeguarding-children-in-care-1.3451579>

## 'Sin taxes' on soft drinks and snacks help poorest, says study

<https://www.irishexaminer.com/ireland/sin-taxes-on-soft-drinks-and-snacks-help-poorest-says-study-469162.html>

## Kids can't afford to weight and see

<https://www.irishexaminer.com/breakingnews/lifestyle/features/kids-cant-afford-to-weight-and-see-835985.html>

## New mums with type 1 diabetes need more support

## Warning for parents as scarlet fever cases hit level 'not seen since 1982'

<https://www.belfasttelegraph.co.uk/news/uk/warning-for-parents-as-scarlet-fever-cases-hit-level-not-seen-since-1982-36777725.html>

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

#BELIEVEPHQ

www.BelievePerform.com



Please see link for information on the [Quality and Capacity Building Initiative](#) funding opportunity. This information will be available on the TUSLA website also

**€2m Fund seeks 'Ground-breaking' proposals to support young people**  
**'Time to think anew to break cycle of disadvantage'**  
**Quality and Capacity Building Initiative supported through Dormant Accounts Funding**

**Statement by the Minister for Children and Youth Affairs, Dr Katherine Zappone**

Wednesday 4th April 2018

The Minister for Children and Youth Affairs Dr Katherine Zappone TD, has launched a new €2m fund to support 'ground-breaking and new proposals' to support disadvantaged young people.

This fund is open to community, voluntary and not-for-profit organisations delivering innovation in prevention and early intervention services for children and young people.

Examples of proposals being sought include the development or scaling up of innovative approaches, practices and resources that support the best outcomes for children and young people.



## County Carlow Local Sports Partnership Training & Education January – April 2018



Training	Date	Time	Fee	Venue
<b>February</b>				
Safeguarding 1 – Basic Awareness Workshop in child welfare and protection	Monday 5 <sup>th</sup> February	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
<b>March</b>				
Slí Walking Leader Training 2018	Friday 2 <sup>nd</sup> March Saturday 3 <sup>rd</sup> March	Friday 6pm – 9pm Saturday 9am – 5pm	€50	I.T. Carlow Barrow Centre
<b>April</b>				
Safeguarding 1 – Basic Awareness Workshop in child welfare and protection	Monday 16 <sup>th</sup> April	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
Sports First Aid	Monday 16 <sup>th</sup> April & Monday 23 <sup>rd</sup> April	6.00pm – 10pm	€50	IT Carlow Barrow Centre RF210
Rescue Emergency Care (REC) Level 3	Saturday 21 <sup>st</sup> April Sunday 22 <sup>nd</sup> April	Sat 9am – 6pm Sunday 9am – 6pm	€135	TBC
Safeguarding 2 – Club Children's Officer Workshop	Monday 23 <sup>rd</sup> April	6.45pm – 9.45pm	€20	IT Carlow Barrow Centre RF209
Disability Awareness Training	To Be Confirmed	To Be Confirmed	TBC	TBC

To book a place on any of the above courses please contact the County Carlow Local Sports Partnership at 059 9136205 or by email at [scorrigan@carlowcoco.ie](mailto:scorrigan@carlowcoco.ie). Places are limited and will be allocated on a first come first served basis. Courses are subsidised by Sport Ireland. Check out our social media pages at County Carlow Sports Partnership

County Carlow Sports Partnership @cwisp

